

Healing from Trauma

GROUP THERAPY

This is a 6-week group that follows the triphasic approach to trauma treatment.

In this first level of **Safety & Stabilization**, participants will learn somatic resourcing techniques, learn teachings about the impacts of trauma, & be guided through group EMDR to find healing.

DATE	Oct 12 - Nov 16
TIME	Thursdays 6 - 8 pm
LOCATION	#100B, 8230 105 street
COST	\$130/ 2-hour session

Who is this group for?

- Adults who have experienced trauma
- Looking to learn strategies, tools, and techniques for healing trauma
- Those wanting to learn and be supported in a group setting

What happens in this group?

- Sessions will be 120-minutes with a blend psychoeducation, group sharing, and time to practice skills and techniques learned
- We will co-create a group where you can show up in your wholeness

**this group can be covered by NIHB and by most insurance companies

Please join Sarah van Kuppeveld, R. Psych and Wanda Chevrette,
R. Psych for this 6-evening Healing From Trauma group.

Email info@rediscoverpsych.com
or call 780-540-4099
to register.

Trauma Healing Tricks

ML Morrison



Trauma Healing Tricks:

Discover tales of courage and bravery in Crafted by is empowering ebook, **Trauma Healing Tricks** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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Table of Contents Trauma Healing Tricks

1. Understanding the eBook Trauma Healing Tricks
 - The Rise of Digital Reading Trauma Healing Tricks
 - Advantages of eBooks Over Traditional Books
2. Identifying Trauma Healing Tricks
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Trauma Healing Tricks
 - User-Friendly Interface
4. Exploring eBook Recommendations from Trauma Healing Tricks
 - Personalized Recommendations
 - Trauma Healing Tricks User Reviews and Ratings
 - Trauma Healing Tricks and Bestseller Lists
5. Accessing Trauma Healing Tricks Free and Paid eBooks
 - Trauma Healing Tricks Public Domain eBooks
 - Trauma Healing Tricks eBook Subscription Services
 - Trauma Healing Tricks Budget-Friendly Options
6. Navigating Trauma Healing Tricks eBook Formats

- ePub, PDF, MOBI, and More
- Trauma Healing Tricks Compatibility with Devices
- Trauma Healing Tricks Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Trauma Healing Tricks
 - Highlighting and Note-Taking Trauma Healing Tricks
 - Interactive Elements Trauma Healing Tricks
- 8. Staying Engaged with Trauma Healing Tricks
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Trauma Healing Tricks
- 9. Balancing eBooks and Physical Books Trauma Healing Tricks
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Trauma Healing Tricks
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Trauma Healing Tricks
 - Setting Reading Goals Trauma Healing Tricks
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Trauma Healing Tricks
 - Fact-Checking eBook Content of Trauma Healing Tricks
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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